

# Introduction to Figure Skating Training

<http://gofigureskating.com/training/>

Every champion figure skater started out as a beginner just like you. Learning to skate requires a little determination combined with practice acquire your balance and eliminate the fear of falling.

## Group Lessons

Group lessons at your local rink provides an economical way to get started skating. These "Learn to Skate programs" are generally affiliated with either Ice Skating Institute (ISI) or United States Figure Skating Association (USFS) Basic Skills Program.

## Private Instruction

After progressing through several levels of group lessons you may want to consider private lessons. We found it was great at an early stage to have our skater in both group and private lessons.

## Selecting a Coach

The people who teach group classes almost always give private lessons. These lessons will range in price depending on the skill level of the instructor.

Most coaches on a rink staff are rated by the Professional Skating Association (PSA) and may specialize in certain aspects of skating (moves, dance, spins, etc.). At some rinks there are coaches that work well with others and collaborate in a team teaching effort.

## Practice Sessions

To become a good skater you need to do more than come to you lesson each week. A beginning skater should attend public sessions offered by your rink to practice the skills that they have learned in their lessons.

As you progress and start to do more advanced moves such as jumps you will need to attend "Practice Sessions" (also referred to as "free skating sessions") offered by your rink.

Coaches generally suggest a practice schedule of what the skater should accomplish on their practice session. This structured approach helps the skater make the best use of their time.

A typical practice session should include.

1. Forward stroking
2. Moves in the Field
3. Spins
4. Jumps
5. Footwork
6. Moves in the Field

## Off Ice Training

Skater that wants to perform at their best will need to do off ice training too. Any activity that improves core body strength, flexibility, or stamina will help improve on ice performance.

Aerobics, piliates, yoga, gymnastics, and dance are often popular choices for skater looking for some off ice training.

Off ice jumping is a common practice. You should work with your coach before attempting this on your own. Doing off ice jumps without proper training can lead to bad habits and even injury.

Talk to your coach about what type of off ice training would be best for you. Some rinks offer group and individual off ice training classes and sessions.